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HOUSEKEEPERS' CHAT FRIDAY, June 16, 1933.

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Subject: "More Egg Dishes." Information from the Bureau of Home Economics, U.S.D.A.

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Timid cooks miss a lot of good things in this world. And so do their families. I've known a great many good cooks who had timid streaks, were afraid to make certain dishes. For example, some of them hesitated about ever making an angel cake or a good, old-fashioned sponge cake. Others were timid--in fact, actually fearful--about making a souffle. They said that souffles were almost sure to fall-to appear on the table looking like a pricked balloon. And who wants to eat a flat and fallen souffle? The answer to that is, "No one, of course."

But souffles never need to fall. These puffy, fluffy, delicate yet nourishing baked dishes are some of the most delicious of all egg recipes. Souffles are of many different kinds. For the main dish of the meal you can make the souffle with cheese or with ground meat or flaked fish or even with vegetable pulp. For dessert, you can make delicate chocolate souffle.

What's the big secret of a successful souffle? Answer: A moderate oven. As we've often remarked before, moderate temperature is always the first rule for cooking eggs or egg dishes. If you want to cook the protein in the egg properly so that it will be done and yet tender, you have to keep the heat down. And that holds true whether you're poaching or frying or baking eggs, or using them in a mixture like an omelet or a souffle. A souffle needs to bake a fairly long time in a very moderate oven--about 300 degrees F. Then the protein in the egg has a chance to set. When the tiny cells become firm by baking, then the souffle will stay light. Thorough, slow baking is what keeps it from falling. But a souffle that bakes quickly in a hot oven collapses as soon as it comes out. Why? Because it hasn't had a chance to cook through. It has baked so rapidly that the outside is cooked, or even overcooked, before the center is set.

The second secret in making a souffle is to have a good binder, such as a thick white sauce or bread crumbs to hold the eggs and other ingredients together. You fold the souffle mixture into the stiffly beaten egg whites. Please notice that I didn't say fold the whites into the mixture. If you try folding in the whites, you'll break up many of the tiny cells that hold in the air. This air is what makes the whites light and fluffy.

One more point. A souffle is one of those dishes that simply will not stand and wait patiently for a family that is slow about getting to the dinner table. Right out of the oven it is fluffy, delicate and delicious. But if you let it stand awhile, it is likely to fall. So have your family warned to come promptly at

the sound of the dinner bell, if they want to taste perfect souffle.

As for sponge and angel cakes, they contain so much egg that they're baked on the same principle as a souffle. Too high a temperature in the oven makes these cakes fall just as it does souffles. Here's a good rule to remember; Keep the temperature at 325 degrees F. during the whole time a sponge or angel cake is in the oven.

Meringues and whips are two other egg dishes that timid cooks are often afraid to tackle. There again they say that these light puffy mixtures are likely to fall or become watery after baking. And here again the answer is: Keep the oven low for success. Meringues and whips need an even slower oven than souffles. They are chiefly egg whites, you see, so should bake in at low heat. For fruit whips, like prune or apricot whip, have the oven only about 225 to 250 degrees F. And set the dish in a pan of water to keep the cooking slow and even. For a meringue on top of pie, an oven at about 325 degrees is just right. And the meringue needs to bake about 15 or 20 minutes. Then it stays up after the pie cools and is just delicately browned here and there.

Most people know how to make custards. But some of them have trouble. Their custards separate or curdle. Once more temperature makes for success or failure. If your custard curdles you have either cooked it at too high a temperature or cooked it too long. If possible use individual baking cups for custard. They make both cooking and serving easy. Set them in a pan of water and keep the oven at about 350 degrees F. Keep an eye on custards as they bake. As soon as they are set, take them out of the oven and out of the pan of water. Let them cool quickly. An earthenware dish holds heat, you know, and may cause this egg mixture to overcook. Make soft custards always in the upper part of the double boiler over hot but not boiling water.

Our Friday dinner menu features cheese souffle, and you are to have the recipe for it. Cheese souffle, then, and with it either stewed canned tomatoes or halves of fresh tomatoes, broiled or grilled at the last minute; Buttered new peas; Hot biscuits; New Strawberry jam and Coffee. Once more: Cheese souffle; Stewed canned tomatoes or broiled fresh tomatoes; Buttered new peas; Hot biscuits; strawberry jam; and Coffee.

Now the recipe for cheese souffle. Eight ingredients:

4 eggs
1 and 1/2 cups of milk
1 cup of fine dry bread crumbs
1 tablespoon of butter or other fat
1/2 pound of American cheese
3/4 teaspoon of salt
1/8 teaspoon of paprika, and
3 drops of Tabasco sauce

There are the eight parts of egg souffle. Once more. (Repeat.)

Heat the milk, bread crumbs and fat in a double boiler. Shave the cheese in thin slices. Add it to the hot mixture. Stir until the cheese has melted. Add this mixture to the well-beaten egg yolks. Season to taste with paprika and Tabasco. Fold the hot mixture into the stiffly beaten egg whites containing the salt. Now pour into a greased dish and bake in a very moderate oven for one hour--or until set in the center. Serve immediately.

Monday: "How to Make a Little Meat Go a Long Way."